

DINNERLY



Swedish Beef Meatballs with Mash and Craisin Gravy



35 minutes



2 Servings

Dial up the comfort levels with these Swedish beef meatballs, no Allen key required! Smothered in a Craisin onion gravy and served on creamy mash, they'll be a hit at the dinner table.

WHAT WE SEND

- 2 potatoes
- 1 onion
- 150g green beans
- 2 chicken-style stock cubes
- 30g Craisins
- beef mince

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 310ml (1¼ cups) boiling water
- 20g butter⁷
- 2 tsp olive oil
- 2 tsp plain flour¹

TOOLS

- medium saucepan with lid
- potato masher
- medium deep frypan
- small saucepan

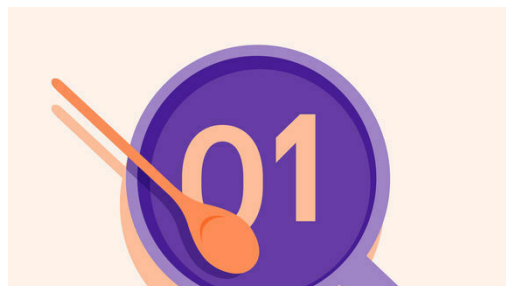
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7). May contain traces of other allergens.

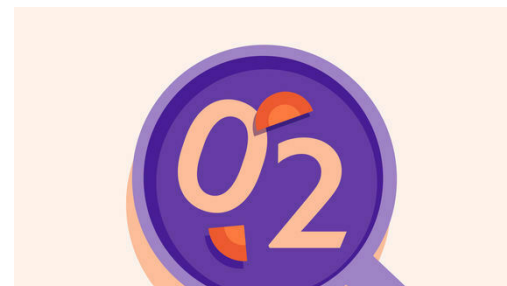
NUTRITION PER SERVING

Energy 740kcal, Fat 36.0g, Carbs 51.7g, Proteins 45.6g



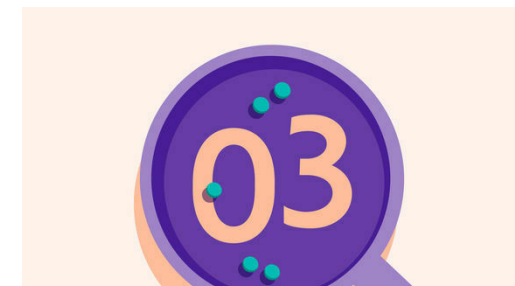
1. Prep ingredients

Peel the **potatoes** and cut into 2cm chunks. Thinly slice the **onion**. Trim the **beans**. Crush or finely chop **2 garlic cloves**. Crumble **1 stock cube*** into a heatproof jug, add **310ml (1¼ cups) boiling water** and stir to dissolve, then add the **Craisins**.



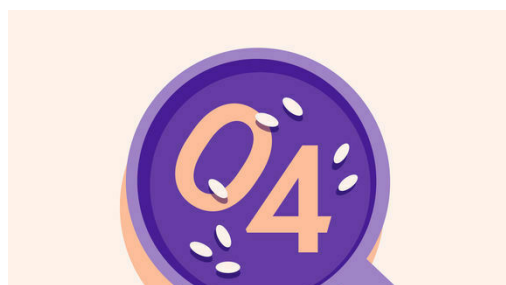
2. Cook mash

Put the **potato** in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 10-12 mins until tender. Drain and return to the pan. Mash the potato until smooth. Add **20g butter**, season with **salt and pepper** and stir until combined. Cover to keep warm.



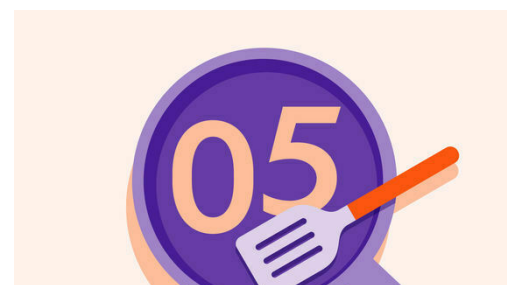
3. Brown meatballs

Meanwhile, put the **beef mince** and **garlic** in a bowl and season with **salt and pepper** (see Make it yours). Using damp hands, combine well, then shape into walnut-sized balls. Heat **2 tsp olive oil** in a medium deep frypan over medium heat. Cook the **meatballs**, turning occasionally, for 6-8 mins until browned. Transfer to a plate and cover to keep warm, leaving any oil in the pan.



4. Make Craisin gravy

Heat the pan over medium heat. Add the **onion** and cook, stirring occasionally, for 5 mins or until dark golden. Add **2 tsp plain flour** and cook, stirring, for 1 min or until the flour starts to turn golden. Gradually add the **stock**, stirring, and bring to the boil. Reduce the heat to medium and cook, stirring, for 2-4 mins until thickened. Remove the pan from the heat.



5. Serve up

Taste the **gravy**, then season with **salt and pepper**. Meanwhile, bring a small saucepan of salted water to the boil. Add the **beans** and cook for 2-3 mins until tender. Drain. Divide the **mash**, **meatballs** and **beans** among plates. Spoon over the **Craisin gravy** and enjoy!



6. Make it yours

For meatballs with a lighter texture, add ¼ cup dry breadcrumbs and half a beaten egg to the mince mixture and combine well before rolling into meatballs.